

[June Is Brain Awareness Month](#) \* [Virtual Education Opportunities](#) \* [In-Person Education Opportunities](#) \* [Calendar](#)

## Join the Fight For More Time!

In April 2022, the Centers for Medicare & Medicaid Services (CMS) issued an unprecedented decision that blocks Medicare coverage of FDA-approved treatments that target amyloid for Alzheimer's disease. This policy applies to all currently FDA-approved monoclonal antibody treatments, including [lecanemab](#) (Leqembi™) and [aducanumab](#) (Aduhelm™), and others that may receive approval in the coming months. Medicare has always covered FDA-approved treatments for those living with other conditions like cancer, heart disease and HIV/AIDS. For CMS to treat those with Alzheimer's disease differently than those with other diseases is unprecedented and unacceptable.

Access to these treatments means more time for the person living with early Alzheimer's. They allow people more time with loved ones, more time to enjoy life, and remain independent longer.

## Join us June 7 in Helena at the Montana Assembly For Access!

Text **ACCESSMT**  
to 52886 to  
**REGISTER NOW**

\*Message and data rates apply, text STOP to stop

Montanans will be gathering in Helena on June 7 to show our local government that we support granting access to this important medication.

- 11:00-12 - Montana Chapter Staff will be at the Lewis and Clark Library, 120 S. Last Chance Gulch St, for people who want to learn more about us. Those who want to can make a rally sign!
- 12-1:00 Assembly for Access including lunch in the park

[YOU MUST REGISTER FOR LUNCH!!!](#)

- 12-8 PINT NIGHT at the Copper Furrow to raise funds for the Montana Chapter!

# Get Involved Even If You Can't Join Us on the 7th!



## RAISE YOUR VOICE FOR PEOPLE LIVING WITH EARLY ALZHEIMER'S



We've made progress in the fight against Alzheimer's with new FDA-approved treatments, but an unprecedented and unjust decision by the Centers for Medicare & Medicaid Services (CMS) is blocking access to these treatments.

**We need your help to get this decision reversed.**

### SIGN THE PETITION

Tell President Biden people living with Alzheimer's deserve access.



### JOIN THE DISCUSSION ONLINE

Engage fellow volunteers, members of Congress, and the Administration on social media! Jump in by following:

#AccessNow  
#MoreTime  
@alzassociation  
@alzimpact

### + MUCH MORE. ASK ME HOW

Connect with your local Alzheimer's Association staff member to learn more ways you can use your voice for people living with early Alzheimer's.

Visit [alz.org/coverage](https://alz.org/coverage) to learn more!

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## June is Brain Awareness Month!

Established by the Alzheimer's Association in 2014, Alzheimer's & Brain Awareness Month is dedicated to encouraging a global conversation about the brain and Alzheimer's disease and other dementia. To learn more about the Alzheimer's Association, available resources and how you can get involved to support the cause, visit [alz.org/abam](https://alz.org/abam).

# 10 WAYS TO LOVE YOUR BRAIN



START NOW. It's never too late or too early to incorporate healthy habits.



## BREAK A SWEAT

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.



## HIT THE BOOKS

Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.



## BUTT OUT

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.



## FOLLOW YOUR HEART

Risk factors for cardiovascular disease and stroke - obesity, high blood pressure and diabetes - negatively impact your cognitive health.



## STUMP YOURSELF

Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

**Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.**

## HEADS UP

Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.



## BUDDY UP

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.



## TAKE CARE OF YOUR MENTAL HEALTH

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.

## CATCH SOME ZZZ'S

Not getting enough sleep may result in problems with memory and thinking.



## FUEL UP RIGHT

Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.



Visit [alz.org/10ways](http://alz.org/10ways) to learn more.

 **ALZHEIMER'S ASSOCIATION**

Montana Chapter

# ***Fight the Darkness of Alzheimer's on the Day with the Most Light, The Longest Day — June 21***

*During June, the Alzheimer's Association is also inviting people across the world to participate in The Longest Day® on June 21. Held annually on the summer solstice, The Longest Day invites participants to fight the darkness of Alzheimer's through a fundraising activity of their choice.*

*Throughout the month and culminating on June 21, Longest Day participants will bake, bike, hike, golf, knit, play bridge and participate in other favorite activities to raise funds and awareness for the care, support and research efforts of the Alzheimer's Association. For more information and to register: visit [alz.org/thelongestday](http://alz.org/thelongestday).*

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## ***Upcoming Virtual Educational Opportunities***

- June 6 10:00-11:00 a.m. [Dementia Conversations](#)
- June 12 5:00-6:00 p.m. [Understanding Alzheimer's and Dementia](#)
- June 13 10:00-11:00 a.m. [Managing Money](#)
- June 13 11:30-1:00 p.m. [Dementia Conversations: Driving, Doctor Visits, Legal Planning](#)
- June 14 12:30-1:00 p.m. [Understanding Alzheimer's and Dementia](#)
- June 19 1:00-2:00 p.m. [10 Warning Signs of Alzheimer's](#)
- June 20 11:30-1:00 p.m. [Healthy Living for Your Brain and Body](#)
- June 27 10:30-11:30 a.m. [Effective Communication Strategies](#)
- June 27 11:30-1:00 p.m. [Managing Money](#)

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# Upcoming In-Person Education and Support Opportunities

For more information or to register for any of the following programs, contact Melanie Williams at [meawilliams@alz.org](mailto:meawilliams@alz.org)

- *June 5 1:30 - 3:00 p.m.* Art in the Moment, Missoula Art Museum, 335 N. Pattee St., Missoula
- *June 6 12:30 - 2:00 p.m.* Great Falls Public Library Memory Cafe, 301 2nd Ave N, Great Falls
- *June 6 1:00-2:30 p.m.* Dillon Caregiver Support Group, 1000 State Hwy 91 S, Dillon
- *June 7 11:00-12:30 p.m.* Montana Chapter "Office Hours", Lewis and Clark Library, 120 S. Last Chance Gulch, Helena
- *June 7 12:00-1:00 p.m.* Assembly For Access Rally in the Park, Pioneer Park, Helena
- *June 7 12:00-8:00 p.m.* Pint Night Fundraiser, Copper Furrow, 2801 N. Roberts Street, Helena
- *June 7 5:30-7:00 p.m.* Effective Communication and Dementia Behaviors, Best Wester Plus (Havre Inn and Suites) 1425 US Route 2, Havre
- *June 8 1:00-3:00 p.m.* Cognitive Screening and Understanding Alzheimer's and Dementia, Holy Spirit Parish, 201 44th Street S., Great Falls
- *June 9 5:00-7:00 p.m.* Senior Senior Prom, Highgate Senior Living of Great Falls, 3000 11th Avenue S., Great Falls
- *June 11 11:30-12:30 p.m.* Healthy Living for Your Brain and Body, Touchmark, 915 Saddle Drive, Helena
- *June 11 4:30 - 6:00 p.m.* Havre Support Group, Hill County Library, 402 3rd Street, Havre
- *June 16 10:30 - 12:00 p.m.* Connections at the Art Museum, Yellowstone Art Museum, 401 N. 27th Street, Billings
- *June 21 THE LONGEST DAY*
- *June 26 3:00 - 4:00 p.m.* Community Conversations, Drummond
- *June 28 4:30 - 6:00 p.m.* Havre Support Group, Hill County Library, 402 3rd Street, Havre

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SUN	MON	TUE	WED	THU	FRI	SAT
**Virtual Programs are in Green	To register for virtual programs visit or call 800-272-3900. <b>alz.org/crf</b>			1	2 <b>HELLO SUMMER!</b>	3
4	5 Art in the Moment Missoula Art Museum 1:30 pm	6 Dementia Conversations 10:00 am Great Falls Memory Cafe Great Falls Library 12:30 pm Dillon Caregiver Support Group 1000 State Hwy 91 S 1:00 pm	7 Effective Communication/ Dementia Behaviors Havre Best Western Plus 5:30 pm	8 Cognitive Screening Understanding Alzheimer's and Dementia Holy Spirit Parish 1:00 pm	9 Senior Senior Prom Highgate Great Falls 5:00 pm	10
11 Urge Congress to Increase Research Funding <a href="http://alz.org/advocate">alz.org/advocate</a>	12 Understanding Alzheimer's and Dementia 5:00 pm	13 Managing Money 10:00 am Dementia Conversations 11:30 am Healthy Living for Your Brain and Body Touchmark Helena 11:30 am	14 Understanding Alzheimer's and Dementia 1:00 pm Havre Support Group 1000 State Hwy 91 S 4:30 pm	15	16 Connections at the Art Museum Yellowstone Art Museum 10:30-12:00	17
18 <b>Happy Father's Day</b>	19 10 Warning Signs of Alzheimer's 1:00 pm <b>Juneteenth</b>	20 Healthy Living for Your Brain and Body 11:30 am	21 <b>THE LONGEST DAY</b> ALZHEIMER'S ASSOCIATION	22	23 Interested in getting more involved? Let us know at <a href="http://bit.ly/alz-vol">bit.ly/alz-vol</a>	24
25	26 Drummond Community Conversations 3:00 pm	27 Effective Communication Strategies 10:30 am Managing Money 11:30 am	28 Havre Support Group 1000 State Hwy 91 S 4:30 pm	29	30	

**ALZConnected®**

This online community connects you with other individuals living with early-stage Alzheimer's. Share questions, experiences and practical tips via message boards or create private groups organized around specific topics.

**Alzheimer's Navigator®**

An interactive online tool for people living with dementia and those who participate in providing care and making care-related decisions.

**Online Education Center**

Take free workshops about Alzheimer's disease, caregiving, healthy living and planning for the future.

**Live Well Online Resources**

A collection of free interactive tools that helps you navigate the personal and emotional challenges accompanying an Alzheimer's diagnosis and provides personalized steps for living well with the disease.

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Alzheimer's Association Montana Chapter, 3010 11th Avenue North, Billings, MT 59101  
[alz.org/montana](http://alz.org/montana) | 406.252.3053

The Alzheimer's Association® is the leading voluntary health organization in Alzheimer's care, support and research. Our mission is to lead the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementia.™

Alzheimer's Association National Office, 225 N. Michigan Ave., Fl. 17, Chicago, IL 60601

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[www.alz.org](http://www.alz.org) | 800.272.3900

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